

## ABSTRACT

A method is disclosed of practicing nasal hygiene comprising the steps of applying to a person's nostril a non-irritating hygienic composition consisting essentially of a product of compounding under homogenizing conditions water, 0.01% to 5% by weight, as chlorine dioxide, of a source of chlorine dioxide; 0.01% to 3% by weight of at least one olfactory stimulant, 0 to 5% by weight of at least one fixative compound less volatile than the olfactory stimulant 0.1 to 2.5% by weight of at least one inorganic salt selected from the group consisting of alkali metal chloride, alkali metal bicarbonate, and alkali metal chlorate; and 0.0002 to 0.006% (as aluminum) by weight of at least one water soluble aluminum compound, provided that the total concentration of inorganic salt is in the range from 0.6% by weight to 2.5% by weight, holding the composition within the nostril for a hygienic holding period, and discharging the composition from the treated nostril.